

the world may know, that so far we may approve of monarchy, that in America the law is king. For as in absolute governments the king is law, so in free countries the law ought to be king.

He wrote:

As to religion, I hold it to be the indispensable duty of [every] government, to protect all conscientious professors thereof, and I know of no other business which government hath to do therewith.

Suspicion is the companion of mean souls.

He wrote and he said:

It affords us a larger field for our Christian kindness. Were we all one way of thinking, our religious dispositions would want matter for probation; and on this liberal principle, I look to the various denominations among us, to be like children of the same family, differing only, in what is called, their Christian names.

He shared a lot of great ideals in "Common Sense." He challenged the colonists to dream of an America that would set the example for the world.

Thomas Paine's ideas weren't all great, and we didn't accept all of his ideas. In fact, he wrote a long section in "Common Sense" saying that when we form our own Constitution, we should take these 13 Colonies and we should elect a President and alternate among each State, so each State would, in turn, have a different President for the whole group. It is a fairly terrible idea that we never implemented. But this passion about the law being king, we did; this passion about religious liberty, we did; this passion that America would be an example to all mankind, we did.

One hundred fifty thousand copies of "Common Sense" were printed. That is an enormous number for that time period. On that January day when the first printings of "Common Sense" started being passed around the Colonies, it fanned the flame of that spark of freedom in the hearts of the colonists.

By June 11, 1776, Congress had appointed a committee of five to draft the Declaration: John Adams of Massachusetts, Benjamin Franklin of Pennsylvania, Thomas Jefferson of Virginia, Robert Livingston of New York, and Robert Sherman of Connecticut—by the way, I think two redheads in that group.

The Declaration ended with this simple paragraph. We are familiar with that Declaration. It said:

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name and by the Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States.

It ended with this:

And for the support of this Declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

And they gave their all. John Hart, one of the signers of the Declaration,

from New Jersey, ended up hiding in the woods that December of 1776, just a few months later, while the Hessian soldiers hunted him across the countryside. He died before the war's end.

Richard Stockton, also of New Jersey, wasn't so lucky. He was dragged from his bed, thrown into prison, and treated like a criminal. His home was looted, his fortune stripped away.

Thomas Nelson of Virginia: He commanded the militia and served as a Governor during the Revolution. He had to instruct the artillerymen to fire at his own house when the British started using it as their headquarters. Nelson had used his personal credit to raise money for the cause. The Revolution left him in distress, and he was unable to ever recover what he had lost.

Thomas Heyward, Arthur Middleton, and Edward Rutledge were three South Carolina signers who served in their State's militia and were captured when the British seized Charleston. They spent the rest of the time in prison. They pledged their lives, their fortunes, and their sacred honor.

By that December, when all of this was going on to all of these signers of the Declaration, Thomas Paine wrote again, and this time, he wrote directly to the patriots serving with George Washington. In the freezing winter, on December 23, 1776, Thomas Paine wrote these words:

These are the times that try men's souls; the summer soldier and the sunshine patriot will, in this crisis, shrink from the service of [their] country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly: It is dearness only that gives every [living] thing its value. Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as FREEDOM should not be highly rated.

It is a good thing for us to be able to stop and reflect on these simple words: What we obtain too cheap we esteem too lightly. Sometimes I am afraid that, as we approach the Fourth of July each year, we will have forgotten the sacrifices of previous generations. In our time period and in this wealthy moment in our Nation's history, we seem to esteem too lightly what was obtained too cheaply, and we forget the great sacrifices of the past.

Generation after generation of American history has set an example of how we have worked for a more perfect Union. Generation after generation has served each other and the children who have come after them so that they could have a better future. It is our generation's turn. The generation that I speak of could have never dreamed of the Capitol that stands on this hill. The generation that I speak of could have never dreamed of the 50 States that would cover this continent, but they did dream this, because it is in Thomas Paine's introduction: "The

cause of America is in great measure the cause of all mankind."

This Fourth of July, we should recommit ourselves to the cause of freedom, the future of our Nation, and the service to our children and the children not yet born. We are still a great nation, conceived in liberty, born to greatness if we are willing to work and sacrifice and give for each other. No generation in the history of the world has inherited more than we have—no generation. We should not receive it too cheaply or hold it too lightly.

Ironically, as I end my story of an Englishman who became a writer and the inspiration of a nation, I must tell you the end. Thomas Paine died a bitter and broken man. He remained a revolutionary in the fight. He could never stop searching for the next revolution. He went off to France to support the French Revolution and almost lost his head for it. He ended up in prison there. He came back to America and determined that George Washington wasn't as loyal as he was. He spent his last years writing against President Washington: that he was the real traitor and that he wasn't strong enough. He ended up dying alone, isolated, rejecting his faith—and a bitter man.

My fellow Senators and fellow Americans, the war has been won. Freedom, that gift, has been passed on to us. Let's protect it. Let's cherish it. Let's pass it on.

Each generation should be passionate about passing that on to the next generation. That is why, on this Fourth of July, it is not just a day off; it is not just a day to be at the mall; it is not just a great day to be at a lake—it is a great day to contemplate how you will serve our Nation in the days ahead in this generation and how you can pass on the freedom that we have to our children.

Our Nation still needs people who will build on the foundation of liberty. We need writers and soldiers and farmers and moms and dads. We still need people who will run for city council and the school board, people who will pick up trash in the neighborhood, people who will march in a protest and then intentionally go love people and work for the reconciliation of broken relationships. We need people who will start new businesses, give to non-profits, get involved in their churches, and love their neighbors as themselves.

We are free, but as the Bible says in 1 Peter 2, we should live as free people but not use our freedom as a coverup for evil.

Those of us who have freedom should help others to live in the same freedom we have and to serve with joy. That is the legacy that was passed on to us. That is the legacy we should pass down.

I yield the floor.

The PRESIDING OFFICER. The Senator from Alaska.

#### TRIBUTE TO LYDIA JACOBY

Mr. SULLIVAN. Madam President, it is Thursday, and it is my favorite time

of the week. I get to come down to the Senate floor typically every Thursday and talk about Alaskans who are doing something amazing for their communities, their State, maybe even their country. Heck, this one is kind of doing something for the world, whom I refer to as the Alaskan of the Week. I love doing it.

We have a really special Alaskan of the Week this week whom I am going to talk about, Lydia Jacoby—a very special 17-year-old who is from Seward, AK. We are so excited about this.

Those of you who have been following our Alaskan of the Week speeches might notice that this is the first new poster board we have had ever. So this is the poster board of the Alaskan of the Week for Lydia because we are so excited about her.

Before I talk about Lydia, I always like to say a little bit about what is going on in Alaska.

A lot of people always ask about the light. They are curious about the light in the summer, particularly as we just had our summer solstice. If you want to come up and really see it, come on up. We are open. We would love to have you—a trip of a lifetime. If you are thinking about coming to Alaska, come to see it yourself this summer. Every American should come on up, but I will give you a hint. On the light that is happening right now, if you were in Seward, AK, where Lydia is from, the Sun will rise at 4:33 a.m. and set at 11:26 p.m., with a loss of just 36 seconds from the summer solstice, which occurred a few days ago. That is a lot of sunlight, and it doesn't really even get dark when the Sun goes down. It does just for a little bit.

So it is a great time to be in the State. Come on up. It is a great time to be in Alaska, and I can't wait to get home for the recess, our Fourth of July—lots of Sun, lots of excitement.

There is particularly a lot of excitement around this young, intrepid Alaskan, Lydia, who on Tuesday, in Omaha, NE, swam the second fastest time in the world in the women's 100-meter breaststroke finals in the Olympic trials. She is the second fastest breaststroker in the world, and she is only 17. This cinched her spot to represent the United States in the Summer Olympics in Tokyo. This is an incredible and—I will admit it—a rather unlikely story that we are all so proud of in Alaska.

With regard to the Olympics, Alaskans typically punch way above our weight. In the Winter Olympics, we really, really punch above our weight, with many, many Alaskans making the Olympic team for the Winter Olympics every 4 years. We have done well in the Summer Olympics as well. Olympic veteran, rugby player Alev Kelter, from Eagle River, will be competing this year. Shortly, will we will be learning if Allie Ostrander, who is a really amazing young woman, steeplechase champion and another incredible athlete, will be in the Olympics this

year. We will learn soon. But we have never sent a swimmer to the Olympics. You don't always equate Alaska and swimming. She will be the first, and Alaskans across the State are cheering on Lydia. So let me tell you a little bit about this remarkable young woman.

Her parents, Leslie and Richard, are both boat camp captains. Leslie is the educational coordinator for the Marine Science Explorer Program at the Kenai Fjords Tours. Rich is a maritime instructor at the Alaska Vocational Technical Center, what we call AVTEC.

By the way, a little aside: AVTEC does great work. I have really enjoyed my visits there.

So, Rich, keep up the great job there. He is also a guy for Arctic and Antarctic trips.

So that is Mom and Dad. They moved to Alaska when Lydia was 9 years old. Richard came to the State in 1992 when he was fresh out of college, and like so many, they fell in love with the State and stayed. They raised their daughter, as I mentioned, in the town of Seward, AK. There are a little under 3,000 people there, and it is just an hour south of Anchorage. It is nestled between Resurrection Bay and soaring mountains. Its motto is "Alaska starts here."

I love Seward, AK. I get there as much as I can. I am going to be there in a couple of weeks, actually. It is known for stunning landscapes, a strong, generous community, and amazing people. So if you are visiting Alaska, you have to go to Seward.

Leslie and Richard signed Lydia up for swim classes when she was just a toddler. She joined the swim club when she was 6 years old. When she was 10, she was selected for the Alaska Swim Zone Team. State qualifying meets allowed her to go on trips. In between all of this, she was a musician, learning to play the guitar. She played at folk festivals. She was also in theater and in track—an all-around great athlete and an all-around great young woman.

As she excelled at swimming, her parents continued to be, in their words, "surprised and amazed." Obviously, she has a deeply competitive streak, but you would not know it when you meet her. Her parents were surprised. "In the right setting, that streak can really be turned on," Rich said. When she has a lousy race, she just shrugs it off. Her dad remembered one of her first swim meets when, halfway across the pool, she inhaled some water. She jumped out and didn't want to get back in. Well, she is back in. As her dad said, she has come a long way.

One of her coaches, Solomon D'Amico, describes her as "kind, quiet, confident." He says she has an "intense fire," and when she sets her mind to something, like the Olympics, she goes for it.

Now, neither of her parents pushed her too hard—they wanted the drive to come from her, not them—but it certainly did come from her.

Solomon, her coach, is a former marine and athlete. Alaska is full of in-

tense runs—marathons, ultra-marathons—but one of the most challenging is in Seward, AK. It is called the annual Mount Marathon Race, the Fourth of July, in Seward, a grueling 1.5-mile climb almost straight up and straight back down Mount Marathon. He has run this 24 years in a row. That is tough—Solomon, her coach.

Solomon really didn't know much about swimming when he started coaching the small Seward swim team. In fact, Seward, AK, doesn't even have an Olympic-size swimming pool, but they all worked hard. He encouraged them to be the best that they could be—to enjoy life but to also lift weights. Strength, Solomon said, is needed to excel in swimming, particularly at the breaststroke.

Lydia took to the weight rooms. She swims between 5 to 7 days a week, 1-hour to 90-minute sessions. She lifts weights about 3 hours a week. And as Solomon has said, "You want . . . athletes to be more process than outcome driven."

Lydia fell in love with all the hard work. No one was ever going to give her a hard time if she missed a practice or a session, but every single opportunity she had to swim, she would be there.

Well, on Sunday, Lydia will head to Hawaii to train with Team USA. Then, a few weeks later, she will head to Tokyo.

Now, because of COVID restrictions, unfortunately, her parents won't be there to watch in person. Her father said: "It's a [bit of a] weird thing to send your kid across the world. But she's an experienced traveler and there are great people involved with USA swimming."

"We are over the moon proud of her," her dad said.

So are we. We are so proud of you, Lydia. You are a role model for so many aspiring swimmers, not just across Alaska but across the country. So thank you for representing Alaska and our Nation so well.

Good luck in the Olympics. Congratulations on your success and congratulations on being our Alaskan of the Week.

#### DEFENSE BUDGET

Mr. SULLIVAN. Madam President, as my colleague from Oklahoma Senator LANKFORD just gave a wonderful speech on the Fourth of July, we are all focused on heading home for the Fourth of July, celebrating freedom, celebrating our independence, celebrating liberty.

And we all know that that freedom is not free. There is a saying at the Korean War Memorial, etched in stone, that says those very words: "Freedom is not free."

The sacrifices of our military are something that all of us are going to be thinking about over the course of the Fourth of July week, weekend, as we